

Conquering Imposter Syndrome

Imposter Syndrome is the feeling that you are a phony or fake in some area of your life. You may be experiencing Imposter Syndrome if you find yourself wondering if you deserve to be where you are despite any hard work or others telling you that you do.

While many describe Imposter Syndrome as an internal, emotional experience, I would like to add that some people are more likely to experience Imposter Syndrome than others because they have read, heard or been told that they *shouldn't* be able to be successful. **I am here to tell you that you are deserving of all opportunities and success!** Here are some ways to conquer Imposter Syndrome.

Celebrate Your Successes

Take a moment and reflect on how you got to where you are today. Start big, like getting that grade you were working hard for or getting into that program you applied for. Then, break down your successes into smaller successes, like studying for an hour as you were working for that grade or sending in your application to get that program acceptance.

What are some successes that you can celebrate today?

1. _____
2. _____
3. _____
4. _____

Change Your Narrative

Be your biggest cheerleader! Imagine that Imposter Syndrome is a bully in your mind that is making you feel unworthy and small. Amplifying your internal cheerleader will help quiet Imposter Syndrome and, over time, will change your internal narrative.

What is a phrase that you can repeat to yourself when you need a boost of self confidence?

What message do you want to believe about yourself?

Find Your Community/Tribe

Imposter Syndrome can fuel loneliness and isolation. By sharing your experience and connecting with others, you may be pleasantly surprised that you are not alone in your feelings.

Whatever comes your way, being in community or with your tribe will help you stay grounded.

Who is part of your community/tribe?

1. _____
2. _____
3. _____
4. _____

What makes your community/tribe special?
